

Food Pyramid Home Cooking Assignment

Name:

Class Period:

Your assignment is to make dinner for your family. In your meal you need to include all of the groups of the food pyramid.

What did you make?

What was from the Grain Group?

What was from the Fruit Group?

What was from the Vegetable Group?

What was from the Dairy Group?

What was from the Meat Group?

Family Comment #1:

Family Comment #2:

Parents,

Did your student clean up the kitchen after he/she completed the meal?

Were all of the dishes washed, the counters wiped off, and all food put away?

Parent Signature_____